

Marine Corps Maj. Mike Carreiro, a Tiverton native and student at the Naval war College, speaks at Memorial Day ceremonies at the Marine Corps memorial at Perrotti Park last Monday. Looking on is retired Marine Barry Clark of Middletown. More pictures, Page 3.

Richard Alexander/U.S. Navy photo



Sailors try tipsy driving

A drunk driving simulator gives Sailors the experience of driving while intoxicated.

—Page 2



NUWC names top executive

A new technical director is named at the Naval Undersea Warfare Center Division Newport.

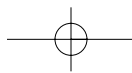
—Page 4

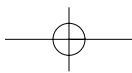


NAVSTA gets clean sweep

A week-long Basewide Spring Cleanup involves tenant commands that collect tons of debris.

— Pages 10-11





The Newport Navallog is printed on recycled paper.



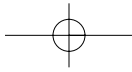
TOP: Cmdr. Charles H. Maher, a Naval War College student, speaks outside City Hall in Newport last Monday in Memorial Day ceremonies sponsored by the United Veterans Council of Newport County.

LEFT: Marine Corps Maj. Mike Carreiro, left, a Tiverton native and a Naval War College student, and Marine Corps veteran Barry Clark of Middletown place a wreath at the base of the Marine Memorial to Lebanon and Grenada at Perrotti Park.

Richard Alexander
U.S. Navy photos



Frank Ingersoll, quartermaster of Newport VFW Post, and Newport Post commander, Leo Ayotte, left, flag bearer, lead a procession of veterans and civilians across Storer Park to lay flowers at the water's edge.



Navy joins salute to war dead

Four Navy or Marine Corps officers from Naval Station (NAVSTA) Newport participated in annual Memorial Day ceremonies or parades in Newport, Portsmouth, and Fall River, Mass., last Monday, Memorial Day.

The main ceremony sponsored by the United Veterans Council of Newport County was held outside Newport City Hall. A World War II artillery piece fired a single round at noon.

The Newport Artillery Company, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, clergy, city and legislative officials as well as local residents participated.

Correction

Lt. Justin Dowd, Navy Warfare Development Command, was misidentified as Lt. Mark Rice in the swimming photos of President Cup competition published in last week's *Newport Navallog*.



Exciting Job Opportunities!

VMD Systems Integrators, Inc. is a rapidly growing IT company seeking talented professionals with experience in the following areas for an upcoming opportunity with The Naval Undersea Warfare Center:

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Sunday Worship Schedule

- 0800 — Protestant Liturgical Service
- 0900 — Catholic Mass
- 0900 — Protestant Sunday School
- 1030 — Protestant Community Service



Jewish Services

Jewish Shabbat services are every other Friday at 5:30 p.m. at the Korn Worship Room, Naval Chaplains School.

Call Chaplain (Cmdr.) Mitch Schanz at 841-2234.


Bravo zulu



Lisa Rama/U.S. Navy photo

CAREER CAPPED —Chaplain (Capt.) Bertrand and Mrs. Mary Ann Moore are piped 'ashore' to conclude his retirement ceremony last Friday outside the Chapel of Hope. Chaplain Moore, Naval Station Newport's senior staff chaplain, served 30 years active duty, first as a Marine artilleryman then Navy chaplain.

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Ombudsmen graduated

The Ombudsman Basic Training course held May 21 to 23 graduated its first class to utilize the latest OPNAVINST 1750.1F and updated ombudsman manual, the Fleet and Family Support Center has announced. Class participants were:

Diane Holfinger, Mobile Inshore Underwater Warfare Unit 202

Deb Blais, Mobile Inshore Underwater Warfare Unit 202

Nina Henry, USS Santa Fe (SSN 763)

Keira Bishop, Naval Health Clinic New England, Saratoga Springs

Debbie Beard, GMH Military Housing

Robin Witcher, Command Leadership School

Bruce O'Brien, Command Leadership School

Technical director selected for NUWC

MIDDLETOWN — Dr. Paul Lefebvre, a Tiverton resident, has assumed the newly-created position of technical director at the Naval Undersea Warfare Center (NUWC) Division, Newport.

The new position is part of realignment occurring at warfare centers Navy-wide. As technical director, Lefebvre is the senior civilian employee at the division, responsible for stewarding NUWC Division Newport's technical capabilities to develop science, technology and innovation, and executing the business operations of the Division, including

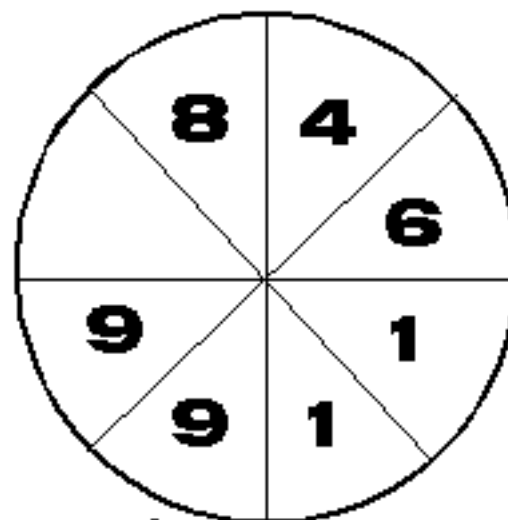


Lefebvre

human capital management.

NUWC Division Newport's mission is to provide research, development, test and evaluation

tion, engineering and fleet support for submarines, autonomous underwater systems, undersea offensive and defensive weapons systems, **LEFEBVRE, Page 17**



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Announcements

PSD services reduced today

Personal Support Detachment Newport will be on reduced services today from 11:30 a.m. to 4 p.m. because of a change of charge and retirement ceremony, followed by a reception.

Duty section personnel will be available during those hours.

Road closure posted for Meyerkord Avenue

The north end of Meyerkord Avenue, between King Hall (Building 291) and Callaghan Hall (Building 370), will be closed June 4 to 8 to allow contractors to backfill work as part of the Callaghan Hall renovation project. Detour signage will be posted.

Free MWR sailing offered Saturday

Ever thought about taking sailing lessons? Just not sure if you'll enjoy it?

Now is your chance to sail the Narragansett Bay, compliments of Morale, Welfare and Recreation (MWR) Department and the Coasters' Harbor Navy Yacht Club (CHNYC).

An experienced skipper will introduce you to the joys of sailing a Rhodes 19 and take you for a half-hour ride on Saturday, June 2, at noon, and every half hour until 2 p.m.

Space is limited, and registration is necessary. Patrons must be at least 16 years old and over to participate. For more information, call MWR at 841-3283.

Kids Fun Run at McCool Track

Because of a rain postponment last month, the Morale, Welfare and Recreation Department's Kids Fun Run at Nimitz Field will be held Saturday, June 2.

Registrations are underway today and will be accepted between 8:30 a.m. and the start of the race at 9:30 a.m.

T-shirts are available for pre-registered



LIKE TO TRY your hand at the tiller? MWR will offer more complimentary Rhodes 19 sailboat rides on Saturday. Call 841-3283 for reservations.

children. Register at Gym 109 or online at: <http://www.americaskidsrun.org>

Age groups are as follows: ages 5 and 6, 7 and 8, and 9 through 13. Refreshments will be served.

Housing yard sale set Saturday at Ft. Adams

Fort Adams military housing will have a community yard sale at the McMacken Community Center on Saturday, June 2, from 8 a.m. to noon. For more information call Sheila Maxey at 619-3653. Rain date is June 3.

Naval Health Clinic to close early June 22

Naval Health Clinic New England will close at noon on June 22 to allow all staff to participate in an annual command function.

The last patient appointments will be at 11 a.m., and ancillary services such as Pharmacy, Radiology and the Laboratory will not be available after noon.

Change of command to curb NHCNE hours

A change of command ceremony will be held at the Naval Health Clinic New England (NHCNE) on June 26 at 2 p.m., which

will affect appointments.

The last patient appointment will be at 11 a.m. Ancillary services will not be available after noon.

Health Council opens meeting to all hands

Naval Health Clinic New England, Newport, will hold their quarterly Health Care Consumer Council (HCCC) meeting on June 5 at 1 p.m. in the Command Conference room, second floor of Building 43.

The HCCC is open to all beneficiaries. There are a few predetermined topics discussed and an open forum to raise other questions or concerns as well. The HCCC is a great way to understand your health care system and have a potential impact.

Anticipated topics to be discussed at this meeting are:

—TRICARE mail order pharmacy

—Laboratory services

—Staff/deployments

—Inpatient services at Newport Hospital

Any questions or concerns may be directed to Ms. Linda Dokken 841-2125 or Linda.dokken@nhcne.med.navy.mil.

Pharmacy, Sick Call modify weekly hours

The hours of the Pharmacy and Sick Call at the Naval Health Clinic New England, Newport, have been modified.

The Pharmacy is open Monday to Friday, from 8 a.m. to 4:30 p.m., for all services, and 4:30 to 6 p.m. for refill pickups and new prescriptions for clinic patients only.

On Saturday from 8 a.m. to 4 p.m., Pharmacy services will be for refill pickup and new prescriptions for clinic patients only.

Refill pick up will now require five working days because of a short term critical staffing shortage.

As an alternative, NHCNE suggests the TRICARE Mail Order Pharmacy (TMOP). For a minimal co-pay (\$3 for generics and \$9 for brand names) a recipient can get medications mailed to their door.

Sick Call hours are now 7:30 to 9:30 a.m.

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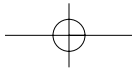
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What's going on

MWR offers free sailing

Ever thought about taking sailing lessons, but just not sure if you'll enjoy it?

Now is your chance to sail Narragansett Bay, compliments of Morale, Welfare and Recreation (MWR) Department and the Coasters' Harbor Navy Yacht Club (CHNYC).

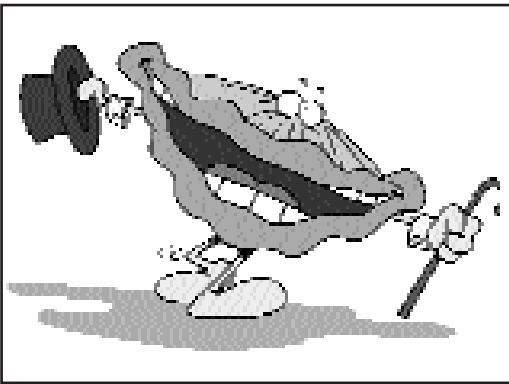
An experienced skipper will introduce you to the joys of sailing a Rhodes 19 and take you for a half-hour ride on Saturday, June 2, at noon, and every half hour until 2 p.m.

Space is limited, and registration is necessary. Patrons must be at least 16 years old and over to participate. For more information, call MWR at 841-3283.

TODAY, June 1

- WaterFire, downtown WaterPlace Park in Providence, 8:14 p.m. This award-winning sculpture is installed on the three rivers of downtown Providence is a symbol of Providence's renaissance.

- Hike Every Sanctuary Trail, Norman Bird Sanctuary, Middletown, 8 to 10 a.m., through June 30. Hike seven miles of the sanctuary trails to earn a certificate. Call 846-2577, ext. 10 for information.



IF YOU LIKE clam chowder you'll love the 26th annual Schweppes Great Chowder Cook-Off at the Newport Yachting Center, America's Cup Avenue, this Saturday from 11 a.m. to 6 p.m. Call 846-1600 for information.

- 39th annual Special Olympics Rhode Island Summer Games, University of Rhode Island, Kingston. Opening ceremonies at Meade Stadium, 7:30 p.m. Continues June 2 and 3. Call (401) 823-7411, ext. 16 or email gerri@specialolympicsri.org for information.

- Jewish shabbat service, 5:30 p.m., Naval Chaplains School, Korn Worship Room. Call Chaplain (Cmdr.) Mitch Schranz, Chapel of Hope, 841-2234. Services are every other Friday, with the next service scheduled for June 15.

- Weekly story time for children up to age 4, Tuesdays and Fridays, Barnes and Noble, 1311 West Main Road, Middletown. Call 846-3313 for information.

noon. For more information call Sheila Maxey at 619-3653 for questions or idea.

- Newport International Polo series, U.S.A. vs. Scotland, Glen Farms polo fields, Route 138, Portsmouth, 5 p.m. Call 847-7090 or visit www.glenfarm.com for information.

- *A Soldier's Tale*, Belcourt Castle, 657 Bellevue Ave., 7:30 p.m., \$30 in advance and \$35 at the door and Sunday, June 3, 2 p.m. \$25 in advance and \$30 at the door. The Newport Virtuosos Orchestra presents this concert by Igor Stravinsky and Charles Ramuz. Call 846-0669 or go to belcourtcastle.com for information.

- Sail Newport's Halfway Rock

Regatta, 60 Fort Adams, continues June 3. Call 846-1983 for information.

- International Yacht Restoration School launch day, 449 Thames St., noon. IYRS students will launch and sail projects. Call 848-5777 for information.

SUNDAY, June 3

- Heart and Sole Walk for the Animals, Glen Park, East Main Road, Portsmouth, 10:30 a.m. Benefits the Robert Potter League. Call 846-8276 for information.

- Chapel of Hope worship services:
 - Protestant service, 8 a.m. and 10:30 a.m.
 - Catholic mass, 9 a.m.

- All Saints Academy Spring Fair, 915 West Main Road, 10 a.m. to 4 p.m. Crafts, activities, games refreshments and an auction. Call 848-4300 for information.

MONDAY, June 4

- Battle of Midway celebration, Naval War College Spruance Hall, 1:30 p.m.

- Basic Rider Course, motorcycle riding instruction, classroom and outside Gate 4. Continues June 5. Call 841-2806 or email: mpowers@dandp.com for information.

TUESDAY, June 5

- Newport International Film Festival continues through June 10, Opera House and Jane Pickens Theaters. Unique film projects, plus Hollywood celebrities. Call 846-9100 or visit www.newportfilmfestival.com for information.

- Newport Artisans' Fair, Elks Club Lodge, 10 a.m. to 5 p.m.

WEDNESDAY, June 6

- Experienced Motorcycle Rider Course, outside Gate 4. Call 841-2806 or email mpowers@dandp.com for information.

- Newport Art Museum exhibit, "Coming to Light: Portraiture and Marine Painting from the Newport Historical Society," continues through June 24. Works from the 18th and 19th centuries, including a portrait of Commodore Matthew C. Perry that once adorned Perry's own house.

THURSDAY, June 7

- Richard Morris Hunt, Chateau-sur-Mer and Modern French Architecture of the 19th century reception, Chateau-sur-Mer, 367 Bellevue Ave., 7 p.m. Advanced reservation required. Call 847-1000 for information.

Upcoming:

June 8 – 153rd New York Yacht Club Annual Regatta, sponsored by Rolex, continues through June 10. Two-day race series on Saturday and Sunday offshore, and around-the-island race today.

— Opening day, Newport Gulls, New England Collegiate Baseball League, Cardines Field, 20 American's Cup Ave., 6:35 p.m. Home games Monday, Wednesday and Friday through Aug. 10. Call 845-6832 or visit www.newportgulls.com for information.

— Friends of Ballroom Dancing (FOBD), Officers' Club. Call 847-2980 for information.

—Pergolesi's *Stabat Mater*, 7:30 p.m., Emmanuel Church, 42 Dearborn St. Newport. Baroque orchestra be joined by Mary Therese Royal De Martineez and Kathryn Jennings.

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Special events

MWR sponsors golf tournament

RICHOND, R.I. — Morale, Welfare and Recreation (MWR) Department has announced its first Golf Tournament of the season will be Tuesday, June 5, at the Richmond County Club on Route 138. Check-in time is 7 a.m. and tee-off is at 8 a.m.

The tournament is open to active duty personnel, military retirees and Department of Defense civilian employees at a cost of \$40 per person. Registration for all teams is underway. Participants must register in person and full team payment is due upon registration. Registrations will be accepted Monday through Friday from 8 a.m. to 4:30 p.m. at Gym 109. The deadline is today.

There will be door prizes, and prizes for longest drive and closest to the pin.

The registration fee includes greens fees, golf cart (course conditions permitting) and lunch buffet.

Upcoming golf tournaments will be Aug. 9 and Sept. 21.

For more information, call the Fitness and Sports Office at 841-7196.



FIREWORKS will cap off the Naval Station Newport and the Morale, Welfare and Recreation's Celebrate America Concert on Friday, June 29.

Fireworks to follow patriotic concert

Naval Station Newport and the Morale, Welfare and Recreation proudly present Celebrate America Concert

and Fireworks show on Friday, June 29 (rain date: Saturday, June 30) beginning at 5 p.m. on Dewey Field. Don't miss this magnificent musical salute to Independence Day 2007.

Navy Band Northeast will play contemporary favorites, golden oldies and patriotic standards beginning at 6 p.m. A top-notch fireworks display will light up the sky and conclude with a breathtaking finale!

All-hands and the general public are invited to this free concert as guests of the Commanding Officer, Naval Station Newport. Bring your family, lawn chairs and blankets.

For security concerns, coolers, backpacks, glass bottles or pets will not be allowed. Gate 1 opens at 4 p.m.

Tall Ships viewing for DoD personnel

Tall Ships Rhode Island 2007 are coming and Morale, Welfare and Recreation Department has you covered.

Watch the parade of sail from Dewey Field on Sunday, July 1, from noon to 5 p.m. Open to everyone who has base access. Bring your lawn chairs and blankets.

Coolers, backpacks, glass bottles or

pets will NOT be allowed. MWR will have concessions, face painting, balloon creations and inflatable slides and "bouncies." For more information, call 841-4038.

Flag Day 5k open to runners, walkers

Join the Fitness and Sports staff at Gym 109 on Thursday, June 14 at 11:45 a.m. for a three mile run/1.5 mile walk around Coasters' Harbor Island. Open to active duty, retirees, family members, reservists and Department of Defense (DoD) employees.

Participants will receive a flag at registration. Prizes will be awarded for the top male and female in each age category.

Pizza and refreshments will be served after the event. For more information, call Gym 109 at 841-7196.

NEX sets Flea Market

The Navy Exchange will sponsor its third annual Flea Market in the lower parking lot on Saturday, June 23, from 7:30 a.m. to 3 p.m.

Dealer space may be rented for \$15 in advance at the NEX Flower Shop, or the morning of the event at \$20.

Need some spiritual refreshment?

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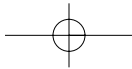
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2007 BEST OF NEW ENGLAND





Fleet and Family Support Center

Work on enhancing relationships

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283 for information.

The Relationship Enhancement workshop is being held at the Fleet and Family Support Center (FFSC) on Saturday, June 2 from 9 a.m. to 4 p.m.

FFSC counselors are offering this one-day workshop for couples who want to learn more about the ground rules for loving and fighting; and how to promote intimacy in their relationship.

This is a condensed version of a six-week course usually offered. A minimum of eight confirmed participants is required in order for this workshop to be held and registration is required.

Ombudsman Assembly Meeting —This meeting is scheduled for Tuesday, June 5 from 6-8 p.m., at the Fleet and Family Support Center, for local area command Ombudsmen and their Command Support Team (CST) members.

Ombudsman participation is required and CST support is requested.

Basic Budgeting —This money management workshop will be held at the Fleet and Family Support Center on Tuesday, June 12 from 11:30 a.m. to 1 p.m. Learn how to attain your financial goals by transforming your checkbook into a personal financial planning tool. Hear how you can reduce your checking account fees, avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money.

Career Exploration — This workshop is scheduled for Wednesday, June 20, from 11:30 a.m. to 1 p.m. Gain assistance in knowing how and where to conduct research during the job search process. Learn how to set up a job search notebook to keep job search information organized, and which marketplace is the best for selling your skills.

Transition Assistance Management Program (TAMP) — This seminar is designed to assist service members leaving

the military to prepare for transition to civilian life and is scheduled for Monday through Thursday, June 25 to 28, from 8 a.m. to 4 p.m. at the Harbor Island Conference Center.

Information on veterans' benefits, health care options, job-search techniques, disability claims, and much more will be offered. Spouses are encouraged to attend and registration is required.

Sexual Assault Victim Intervention (SAVI) Advocate Training — The SAVI program is looking for dedicated Sailors and installation personnel, male and female, who are committed to Sexual Assault Prevention and Response.

Victims Advocates will complete a prescreening process and sign a volunteer agreement. Prior command permission to serve on the VA watch bill is required.

Victim Advocate Training, at the Fleet and Family Support Center, is scheduled for June 25 through 28, 9 a.m. to 4 p.m. NAVSTA Newport Sexual Assault Response Coordinator (SARC) is Heather McAfoose.

	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.
9 a.m.	Yelling, Threatening & Putting Down	Yelling, Threatening & Putting Down	Yelling, Threatening & Putting Down	Boys will be Boys	Recognizing Unhealthy Relationships	Children: The Experts on Divorce	The Healthy Family
7 p.m.	Yelling, Threatening & Putting Down	Yelling, Threatening & Putting Down	Yelling, Threatening & Putting Down	Boys will be Boys	Recognizing Unhealthy Relationships	Children: The Experts on Divorce	The Healthy Family

HELPFUL VIDEOS – Fleet and Family Support Center videos are offered twice a day at 9 a.m. and 7 p.m., seven days a week over Newport Naval Cable Television channel 13. The specialized videos are designed to help military members and their families with the frequent challenges and problems of daily life.

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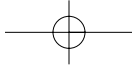
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Bob Krekorian/U.S. Navy photo

SUITED UP — Explosive Ordnance Disposal Chief Daniel Trout, Explosive Ordnance Disposal Mobile Unit Two Detachment Newport, explains the features on a bomb suit modeled by Colby Minnick, a Grade 8 student, during a Career Day program last Thursday morning at Thompson Middle School in Newport.

R.I. Mentoring welcomes Navy

Make a difference by mentoring. Kids with mentors are less likely to begin using drugs, less likely to begin using alcohol, less likely to skip school, and less likely to engage in violence.

The Aquidneck Island chapter of the Rhode Island Mentoring Partnership is looking for positive adult role models to share one hour each week with an elementary or middle school student. Experience

and research prove that mentoring – providing students with the help to navigate challenges as they grow - works.

Mentoring is done during school time, on school grounds, or in a community-based setting at a time that is convenient to the student and the mentor. Mentoring also helps young students to become healthy, productive adults, and to provide positive support to chil-

dren facing difficult circumstances at home or in school.

According to Ms. Susan Thomas, chapter coordinator, becoming a mentor is a matter of filling out an application and outlining your interests and skills. You can indicate if you prefer to mentor a boy or girl. For more information or to volunteer, contact Thomas at 401-578-2281 or email stthomas@rimentor.org

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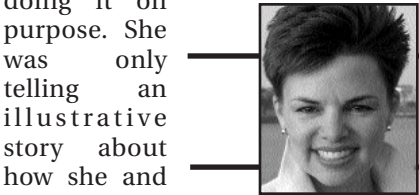
it's sensory overload back at the 5th

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The Homefront

I really miss his head on pillow

The lady from Fleet and Family Support Center was scaring people. She wasn't doing it on purpose. She was only telling an illustrative story about how she and her husband



Jacey Eckhart

pulled up into the driveway right after their homecoming. She remembered how proud she felt about how she had taken care of everything, how green the grass was.

Then her husband said, "Didn't I teach you how to use the edger before I left?"

"Oh, God," said the gal next to me. "Is that the way it's going to be?"

"Pretty much," I whispered back. "Shoot, I'll just be glad to see Brad's head on the pillow. If I go to bed that night and he's there — even if he is there in a coma — I'll be happy."

The chick didn't look like she felt any better. I couldn't blame her. Homecoming is supposed to mean the same thing as

honeymoon. Sometimes it does. Sometimes it doesn't. This time I just don't care.

I've had 19 months of seeing Brad about once a month while he has been with the ship in New Orleans. I'm not looking for a honeymoon. What I want now is pretty much whittled down to what I will settle for. "Just come home," I tell him on the phone every night.

"Come home."

I mean it. I'm not expecting him to paint anything or clean anything or worship at the altar of my lawn manicure. I just want him to show up. After all these months I want to cook dinner for someone who will eat red meat.

I want my house to smell like

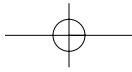
ECKHART, Page 17

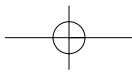
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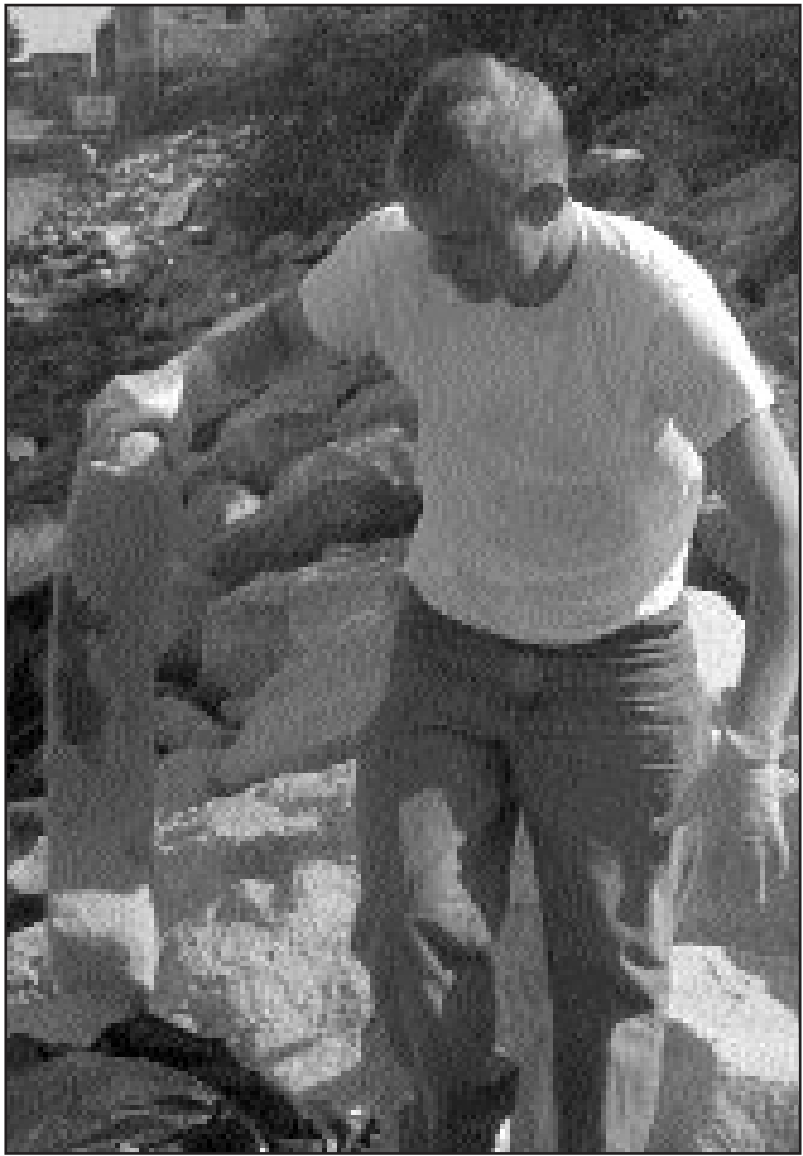
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THE MOTHERLODE OF RUBBISH — Naval Station (NAVSTA) Newport Security personnel pose along the fence after hauling 32 shopping carts, five bicycles, carpets, a bed frame and other debris out of the tidal swamp behind Gate 2 during the Basewide Spring Cleanup last Thursday. NAVSTA and tenant commands all chipped in last week to scour the shoreline.

RIGHT: Operations Specialist 2nd Class (SW) Ralph Cacchiotti finds a piece of foam packing behind the War College.



MCC (SCW) Gregory J. Frazho and Richard Alexander /U.S. Navy photos

Security ‘bags’ cleanup jackpot

By **RICHARD ALEXANDER**
Navalog editor and
MCC(SCW) G. FRAZHO
Naval War College Public Affairs Office

About 20 members of Naval Station Security struck the motherlode of junk and debris behind Gate 2 last Thursday as the Basewide Spring Cleanup wound down.

The crew pulled 32 shopping carts, five bicycles, a bed frame, a carpet and tires and shoes from the tidal marsh behind Rolling Green civilian housing.

A chief petty officer said the carts were mostly from the shopping center along Connell Highway.

Security’s shoreline area of responsibility was supplemented by teams from Naval Coastal Warfare Squadron 21, Mobile Inshore Undersea Warfare Unit 202, and Inshore Boat Unit 21

Beautiful weather last week facilitated a thorough cleanup of the shoreline, as each tenant command chipped in and cleaned designated areas.

The previous week Naval Academy Prep School students and Self-Help got a jump on the pro-

ject by cleaning Coddington Cove opposite the Bayside mini-mart. NAPS graduated before the formal cleanup got underway, May 21-25.

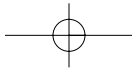
Several volunteers from Naval War College and the Navy Warfare Development Command combed the seaward side of Coasters’ Harbor Island on May 23 to do their part in keeping the base clean.

“NWC and NWDC had about 20 volunteers,” said Operations Specialist 1st Class(SW) Shawn Ellison, special events leading petty officer and cleanup coordinator for NWC. “We started at Building 95 (Officers’ Club) and ended behind Schonland Hall, picking up debris on the shoreline.”

Ellison went on to say that the group collected a dozen 55-gallon bags of rubbish, including plastic, wood, metal and paper.

“It took about one-and-a-half hours,” said Ellison. “We had a great day for it and the enthusiasm was high. Thanks to all the participants for coming out and helping.”

CLEANUP, Page 11





TEAMWORK — Three Broadened Opportunity for Officer Selection and Training (BOOST) students, from left, Sgts. Rick Swihart, Matt Garcia and Mike Yocum untangle rope tied to a couple of plastic jugs found in the rocks on Coddington Point.

Cleanup

Continued from Page 10

Public Works integrated solid waste and NAVSTA Self-help provided trash bags and other tools. Trash, wood, metal and other recyclables were placed in the appropriate dumpsters.

Coordinator Lt. Walt Sibley NAVSTA Public Works said 19 commands participated and involved 612 people over the course of the week.

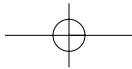
"We collected 1,500 cubic feet of trash," he said. "That includes recyclables, wood, metals, plastic, glass and paper."



Sgt. Katie Johnson of BOOST in the Seaman-to-Admiral 21 program, picks up cardboard behind Ney Hall galley.



Dan Murphy, Director of Command Support, Navy Warfare Development Command, deposits some garbage found along the rocky shoreline behind Conolly Hall in a 55-gallon bag.



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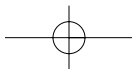
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Naval Health Clinic New England

Heart disease seen top health issue for women

Did you know the number one killer of Americans is cardiovascular disease?

More women than men have died from cardiovascular disease in the U.S. every year since 1984?

Cardiovascular disease kills one out of every three women, more than all forms of cancer combined.

Those who attended the day long Women's Health Symposium on May 17 at Naval Health Clinic New England Newport heard these statistics during the keynote speech, "How to Keep From Breaking Your Heart: What Every Women Needs to Know About Cardiovascular Disease."

Dr. Barbara Roberts, who is director of the Women's Cardiac Center at The Miriam in Providence, spoke and signed copies of her book. It is available through the NHCNE library at 841- 4512.

Those who attended the entire symposium also heard lectures on nutrition and osteoporosis by registered dietitian Jenell Pluskota and registered nurse Carla Evans of the Health Promotion Clinic; women and financial management by Betsy Sullivan of Navy Federal Credit Union; and hormone replacement therapy by Dr. Celia MacDonnell of the University of Rhode Island College of Pharmacy.

Mail order pharmacy seen convenient, cost effective

The TRICARE Mail Order Pharmacy, administered by Express Scripts, Inc., is a cost effective and convenient way for beneficiaries to get prescription medications, while also helping the Department of Defense (DoD) contain health care costs and sustain a first class health care benefit, Naval Health Clinic New England says.

Beneficiaries may refill their prescriptions by telephone, mail, or on-line, and prescrip-

tions are delivered directly to their home, saving time and travel costs.

Significant savings result because TRICARE Mail Order Pharmacy mails beneficiaries up to a 90-day supply of most medications for the same cost as a 30-day supply at a retail pharmacy.

For more information on the TRICARE Mail Order Pharmacy Program and how to enroll, visit the NHCNE website at: <http://nhcne.med.navy.mil>



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- NIFF Celebrity Golf Classic at Newport Country Club - Thurs. June 7

For more information visit newportfilmfestival.com
Or call 401-846-9100

Box Office opens June 1 at 42 Spring St.

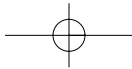


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THE RAVERS, Adam Aleicho on bass, Steve Cerilli on piano, Carey Bowdwen, vocals, Doug Ernest on drums and Raymond Gennari on sax will perform at the Officers' Club deck opening party on June 8.

Naval Station Newport Dining

Officers' Club
Building 95, Phone 841-4821, 846-7987 or 849-3693)
Today: Lunch begins at 11 a.m. at the Topside Pub with wait staff service. The pub menu is available until 10 p.m.
Tonight: Kick off the weekend at the Topside Pub (or the decks, weather permitting), the place to be with complimentary nacho chips and chunky salsa from 5 to 7 p.m.
Saturday: Topside Pub opens at 4 p.m. Full pub menu available until 10 p.m.
Sunday: All-Hands Sunday breakfast is served upstairs in the Topside Pub from 10 a.m. to noon. Pick from your breakfast favorites, which include home fries, scrambled eggs, sausage, ham or hash, Texas French toast, Belgian waffles and more.
Thursday: Lobster Night from 5 to 7 p.m. in the Topside Pub. One and a quarter-pound select lobsters for a price you won't find anywhere else! Also

available a la carte are: Buffalo wings, baked potatoes and side salads to complete your dining experience!
Deck opening party: The brand new decks are done! Come to the grand opening deck party on Friday, June 8, featuring the music styles of The Ravers, a local ska/reggae band, the Second American Revolution beer taste-test, complimentary cookout and sno-cones for the kids.
Take part in the Second American Revolution as Sam Adams (USA) takes on Bass Ale (England) for the coveted title of "best beer of the club!"
A complimentary cookout will feature hot dogs and hamburgers and there'll be free chips and salsa. The deck opens at 4 p.m. with a complimentary cookout and the beer taste-test and live entertainment from 5 to 7 p.m.
Upcoming events:
The Morale, Welfare and

Recreation happy hour will be Friday, June 15. Prices will be reduced on domestic drafts and sodas from 5 to 6:30 p.m. For more information, call 841-4821.
Enlisted Clubs
(Recreation Center, Building 656, phone 841-3054)
Hours of operation: The Enlisted Club is open Wednesday to Saturday, 4 to 11 p.m. The CPO Club is Wednesday to Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m.
Tonight: Stop by for a beer or cocktail, and order from the pub menu.
Wednesday: "Wild Wings" Night from 4 to 8 p.m. A basket of chicken wings is available three ways, plus fresh celery and blue cheese dipping sauce. It's just \$2.75!
Deck opening party: You've waited for this: The annual deck opening party is June 8 from 5 to 7 p.m.

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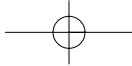
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Leisure

Bowling

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Come take a look at the Seaview Lanes Bowling Center state-of-the-art facility now featuring regular and Xtreme bowling.

Hours of operation are:

Monday, closed; Tuesday through Thursday, 5 to 10 p.m.; Friday 5 to 11 p.m.; Saturday, 1 to 11 p.m.; and Sunday, 1 to 8 p.m.

Rates: \$3 per game and \$1.50 for shoe rental.

Xtreme Bowling (every Saturday, 8 to 11 p.m.) Rates are \$10 per hour, \$25 for the night (shoes included) or \$3.50 per game and \$1.50 shoe rental.

Birthday party packages are available from \$10 to \$15 per child, depending on meal and regular/Xtreme bowling.

For more information, call Seaview Lanes at 841-4293

June specials

—Early bird bowling special. Starting on Tuesday, June 5, Seaview Lanes will offer half price bowling (\$1.50 per game) from 2 to 5 p.m. every Tuesday through Friday, with free shoe rental.

— Wild Wednesday, June 6: It's special Xtreme Bowling Night with half price rates and glow-in-the-dark prizes for the kids!

— Lunchtime bowling special, June 15: Get two games of bowling plus shoes, a ham and turkey grinder with chips and a soda, all for \$7 per person!

— Father's Day Special, June 17: All dads can bowl for free from 1 to 8 p.m.

— Family Night Xtreme Bowling, June 23: The fun starts at 7 p.m. with half price bowling for everyone! It's \$5

per hour, per person (including shoes) or \$1.75 per game, per person.

— Lunchtime bowling special, June 29: Two games of bowling, plus shoes, two slices of cheese or pepperoni pizza and a soda, is just \$7 per person!

Special fitness activities

(Gym 109, 841-3154/FITNESS Plus, 841-1474)

Fitness Plus hours of operation are Monday through Friday 5 a.m. to 7 p.m., Saturday 11 a.m. to 3 p.m. and Sunday noon to 5 p.m.

Golf lessons: Golf lessons for beginners are being offered by instructor Dave Fickel, a licensed golf teacher through the U. S. Golf Teachers Federation (USGTF). All patrons will receive a free 30-minute initial consultation.

The fees are: adults (18 and over) \$60 for three 45-minute lessons; and juniors (17 and under) \$40 for three 45-minute

lessons.

For the juniors, parents must remain on premises with the child for the entire lesson. All lessons take place at Fitness Plus, Building 355. For more information or to make an appointment, call 207-1795.

Youth fitness program: Children ages 10 through 14, and accompanied by a parent/guardian, may attend classes to learn about nutrition and the importance of a healthy lifestyle, training methods, and to have the opportunity to work out in MWR facilities.

The revamped program better suits the needs of the guardians and youths.

Each youth and a guardian must complete four 45-minute sessions prior to working out or participating in fitness classes on base.

Class sessions take place at Gym 109, Monday and Wednesday, 6 to 7 p.m. Special appointments can be scheduled by calling the Fitness Office at Gym 109. Pre-regis-

tration is required a week in advance, sessions are free and limited to three youths per session.

After successfully completing the program, youths will receive a certificate of completion. For information, call Gym 109 at 841-7196.

Liberty Center

(Recreation Center Building 656, 841-3054)

Hours of operation, Monday to Thursday, 4 to 9 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, 2 to 10 p.m.

June events:

Tonight – Billiards tournament begins at 7 p.m., with prizes for the winner.

June 3 – Halo 2 tournament begins at 3 p.m., with prizes for the winner.

June 7 – Liberty Center bowling night, with half price games for authorized Liberty Center singles.

June 9 – Trip to Six Flags New England in Agawam, Mass., 9 a.m. to 9 p.m. Sign-up and details at Liberty Center!

Pool 307

(Pool 307, 841-6628)

Swimming lessons for all skill levels are offered, pre-school (ages 3 to 5) and Level 1, 2 and 3 (ages 6 and up).

The next session of swim lessons are from June 18 through July 12. Lessons meet twice a week for four weeks and cost \$50 per person. There will be no classes on July 4. Registration is ongoing at Gym 109, Monday through Friday, from 8 a.m. to 4 p.m.

For more information, call 841-7196.

The Stroke Clinic is offered June 6 or June 7, from 11 a.m. to 1 p.m. Each patron who signs up will have 10 to 15 minutes with a swim instructor who will analyze any of the following strokes or turns: breast-stroke, freestyle, backstroke, butterfly, open turns and flip turns.

The aquatics staff will help you have a more effective and efficient swim! For more information, call Pool 307 at 841-6628.

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Navy-wide news

Calif. petty officer selected
2007 Shore Sailor of the Year

WASHINGTON (NNS)—Master Chief Petty Officer of the Navy Joe R. Campa Jr. named Aviation Warfare Systems Operator 1st Class (AW/SW/NAC) Marc L. Stewart the 2007 Chief of Naval Operations Shore Sailor of the Year during a ceremony at the Navy Memorial in Washington on May 23.

Stewart was chosen from among four nominees and will return here in July to be meritoriously advanced to the rank of chief petty officer along with the Pacific Fleet, Atlantic Fleet and Reserve Force Sailors of the Year.

A native of Knoxville, Tenn., Stewart is currently assigned to Helicopter Maritime Strike Squadron 41 in San Diego.

NMCB 28 Seabees help build
facility for Iraqi police force

AL FALLUJAH, Iraq (NNS) — Seabees from Naval Mobile Construction Battalion (NMCB) 28 joined efforts with Marines from Combat Logistics Battalion 6 on May 16 to build a new facility for the Iraqi police.

The first challenge the Seabees faced was to transform the existing muddy, uneven, and debris-ridden project site into a level area suitable for construction.

A team of Seabees, commonly referred to as the “Rockhounds,” hauled in numerous truckloads of soil and gravel to fill in mud holes and level the construction site. More than 6,000 cubic meters of fill (enough material to cover an entire football field more than 3 feet deep) was needed, according to Equipment Operator 1st Class Steven Snow, the assistant officer in charge (AOIC) of the Rockhounds.

Once the construction site was leveled, the Seabees set the pre-fabricated berthing units in place, laid plumbing, installed bathroom facilities, ran electrical wiring, installed perimeter lighting and erected concrete “Alaska” barriers that protect the area from precision small arms fire and mortar blasts.

NMCB 28 is part of nearly 1,100 Sailors and Marines supporting critical construction efforts in the Al Anbar province of Iraq.

Hispanic organization seeks
recognition for professionals

WASHINGTON (NNS) — The HENAAC organization is seeking nominations for its professional awards through June 8.

HENAAC, a nonprofit organization, is dedicated to identifying, honoring, and documenting the contributions of outstanding Hispanic American science, engineering, technology and math professionals.

The HENAAC stands for the Hispanic Engineer National Achievement Awards Conference; however, in 2005 the board of directors voted to use the acronym as the official name and changed the tag line to “HENAAC, Promoting Careers in Science, Technology, Engineering and Math.”

There are several award categories for Navy civilians, officers and enlisted, including outstanding technical achievement - military; executive excellence; lifetime achievement; and professional achievement - military. There are also categories for diversity, community service and education.



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Sports

Talent in pool propels Juniors

INaval War College

The Naval War College's prestigious President's Cup came to an end May 18 with the conclusion of competition in tennis at Portsmouth Abbey; a 5k race aboard Naval Station Newport; golf in Exeter, R.I. Country Club; swimming at the Training Pool, plus polo at the town polo fields on East Main Road in Portsmouth.

This year's winner were the Juniors in the College of Naval Command and Staff, who swept the competition with 74 points, said Lt. Graham Plaster, Assistant Dean of Students and athletics' coordinator for President's Cup.

Second place was hotly contested by the Seniors in the College of Naval Warfare; and

Staff & Faculty who traded positions several times over the course of the year. The Seniors pulled ahead and won second place with 66 points, and Staff & Faculty took third at 64.

The Navy Warfare Development Command proved dominant in several events and a determined contender throughout the year, but finished a few points behind in fourth place.

In the final tally, the Juniors took first place in the 5k run, swimming, golf (both summer and fall), and soccer, plus four second places in other events.

The swimming competition was held May 11 at the Training Pool, resulting in a sweep-

JUNIORS, Page 17

SNA 5k to benefit Navy Relief fund

By GREG KOHLWEISS
NAVSTA Public Affairs Staff

The Newport Chapter of the Surface Navy Association will sponsor the 77th running of the 5k By the Bay run and walk on Friday, June 8, at 5 p.m. at Arleigh Burke Hall, Surface Warfare Officers School Command (SWOSCOLCOM).

This semi-annual Navy Newport tradition will begin and end on Coasters' Harbor Island, but will circle through Coddington Point, and is open to the public.

SNA is a non-profit organization that promotes communication and coordination

among the military, business, and academic communities sharing an interest in naval surface warfare.

Proceeds benefit the Navy-Marine Corps Relief Society, which provides emergency financial assistance to active duty and retired Navy-Marine Corps personnel and their families, and the Newport Chapter of the SNA.

In addition, the SNA 5k By the Bay will also be supporting the Red Cross Emergency Disaster Relief Fund.

The flat, fast course wends along scenic Narragansett Bay

SNA 5k, Page 17



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All proceeds to benefit the Preservation Society of Newport County and the Newport Rotary Club

Call 841-0200 ext. 213

Continued from Page 9

Most of all I just want to see his head on the pillow. Really, that's all I need. I want him to groan with delight when he crawls in next to me, bury his head in the pillow and murmur how good I smell just before he falls asleep.

It certainly isn't what my generation sets out to get when they marry. In a 2001 Gallup poll commissioned by the National Marriage Project out of Rutgers University, researchers found that 94 percent of singles in their 20s who had never been married said they wanted nothing less than a soul mate.

I like that stuff too, and I have had all that over the last 19 months. Acceptance and comfort and love and humor and tax instructions can be reliably delivered by cell phone or e-mail. All that's missing is the one thing that marriage has provided couples for centuries— companionship—simple companionship.

“Isn’t that what you want, too?”

"Mine does too," I said quickly.

He laughed. "I bet it does."
We were both quiet for a beat. "Just
come home." I said. "Please, come
home."

Continued from Page 4

emphasis in applied research and system development. The command employs more than 2,400 civilian employees and has a funded program of approximately \$1 billion.

Continued from Page 16

Awards will be given for overall male and female winners; top three finishers; and team division winners.

Bay State Race Services
will record times and take
results.

There will be a post-race awards party that

Registration is open, with a \$19 entry fee and available online at: www.sna5K.com or by calling Lt. David Noe, 841-4963.

Race results will be posted at *www.coolrunning.com*.

Continued from Page 16

NWDC put up a gallant effort placing second in two events and third in five events. The Senior Class and Staff & Faculty teams were otherwise detained for the competition.

In other events, first place at the Portsmouth Abbey courts went to Staff & Faculty (S&F) Team.

Polo was conducted in a modified single elimination format at Glen Farm arena in Portsmouth. The winning team was Faculty/Staff who won their games by scores of 7-1 and 10-0.

Athletes who participated in the spring President's Cup competed in tennis, 5k, swimming, polo and golf. Polo competition was introduced as the capstone event last year. The Cup is held every year.

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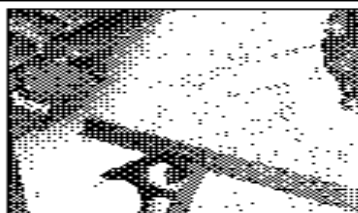
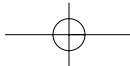
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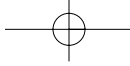
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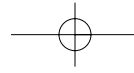
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